

# GRAPESVINE

## VISITACION VALLEY

NUMBER 90 SERVING OUR COMMUNITY JANUARY 1994

From All of Us to All of You...Happy New Year!



Staff members of Visitacion Valley Community Center take a break from holiday merriment to wish all a happy 1994.

## Caldwell Health Fair Coming to Geneva Towers in February

Sponsored by the Well of Hope, Geneva Towers and San Francisco Public Health Center Number 3, the second annual Dr. Vernetta P. Caldwell Health Fair will be held at Geneva Towers Saturday, February 26, from 10 a.m. to 3 p.m.

Named for the late Dr. Vernetta P. Caldwell, who distinguished herself as healer, bacteriologist, educator, home health care worker, labor consultant,

administrator, supporter of the arts and internationally acclaimed cultural ambassador, the fair acknowledges her untiring efforts and outstanding accomplishments, carrying on her rich legacy of demanding quality community pride, respect, and self-help, as well as recognizing and helping to develop wealth of human potential. Nurturing the whole person - body, mind and spirit - will be the emphasis of the fair.

All of the agencies and individuals who participated in the fair in 1993 are invited in 1994. Additional events include: a talent show of Geneva Towers residents, goodie bags, food, a roving clown, a big tent for outdoor events and treats for children. This year's fair committee is being chaired by Dr. Fatima Ali, Well of Hope secretary of the board of directors and chief executive officer of the Reading Research Council.

## Aspartime a Key in Keeping Weight Down

Losing weight is never easy. And studies show that most people who do shed unwanted pounds eventually gain them all back. But new research has identified one tool that may be effective in keeping the weight off long-term.

Researchers at the Harvard-affiliated Deaconess Hospital found that people who used low-calorie sweetened foods were able to lose weight and keep it off with greater success than those who did not.

An expert in obesity management and clinical nutrition, George L. Blackburn, M.D., Ph.D. completed a three year study examining whether adding foods with the low-calorie sweetener aspartame, sold as NutraSweet, to a multi-disciplinary weight loss program helps people achieve and maintain medically-significant weight loss.

In a presentation at the Fifth European Congress on Obesity last June, Blackburn said the study was a follow-up to his previous research, suggesting that aspartame helped dieters lose weight.

Statistics show that one out of four Americans, about 46 million people fit the general definition of obesity: being 20 percent or more above healthy body weight. Obesity is associated with other serious health problems such as high blood pressure, heart disease, diabetes and some types of cancer.

Blackburn's study, funded by the NutriSweet Company, involved 163 obese women ages 20 to 60 with an average weight of 220 pounds. For the first three weeks, participants followed a prescribed diet and exercise plan, excluding any foods containing aspartame. The women were then randomly assigned to one of two study groups: an experimental group instructed to consume aspartame-sweetened foods or a control group told to abstain from them.

Otherwise, all participants followed the same nutritionally balanced, low-fat diet, containing approximately 1,200 calories. Both groups also followed an exercise plan and attended one hour of behavioral counseling a week. Weight loss, aspartame intake and activity levels were monitored by study researchers. Participants also recorded their perceived hunger, cravings and eating control.

At the end of 19 weeks, both groups lost approximately 10 percent of their

original body weight, an average of 22 pounds. While increased exercise and greater eating control were associated with higher weight loss in both groups, among women in the aspartame group, another predictor of higher weight loss was increased aspartame intake.

"When we looked specifically within the aspartame group, we found that consuming more aspartame was associated with greater weight loss," said Beatrice Kanders, Ed.D., M.P.H., R.D., co-researcher and behavioral management consultant.

However, the most important finding was that after three years the aspartame group maintained a net weight loss of more than five percent of their body weight, while the control group on average gained all their weight back. Assignment to the aspartame treatment group, along with increased exercise and improved control over eating, were major predictors of initial weight loss as well as maintenance.

"At the end of three years, we found those people who had access to aspartame achieved clinically and medically-significant weight loss while the control group did not," said Blackburn. Medically significant weight loss is defined as a 10 percent reduction in body weight. "It's the kind of weight loss that will help stop the development of other complication and illnesses that are associated with the disease of obesity," he added.

## Free Eye Care Available For Eligible Families

Free eye examinations will be conducted during the month of March for low-income workers and their families. To qualify for free eye care, individuals must be employed or live in a household where there is at least one working member, have no health insurance, have an income below an established level based on family size and have had no eye examination within the past 12 months.

"This type of program really works," said Assembly Speaker Willie Brown, whose office is promoting the service in California. "In the five years this program has been offered, more than 15,000 low-income Californians have received free eye care. Early diagnosis of vision problems and eye diseases not only enhances lives, it eliminates future costly medical treatments."

For eligibility screening, call the California Vision January 3 through 29, weekdays from 9 a.m. to 11 p.m. at 1-800-766-4466.

Eligible applicants will be computer matched on a first-come, first-served basis with participating doctors of optometry having volunteered their services.

Printed application forms in English and Spanish are available by calling 1-916-441-3990. Written applications must be postmarked by January 25.

## Master Plan is Now in the Works for Substance Abuse

Community Substance Abuse Services has commenced work on Master Plan recommendations, including the following examples.

"In response to the number of addicts seen in the emergency room and Psychiatric Emergency Services, a collaborative effort within the Department of Public Health is designing a Medical Detoxification program to provide 10 medical detoxification beds and 20 community-based residential treatment beds for those substance abusers with HIV infection or mental illness. This collaboration among Community Mental Health Services, the S.F. AIDS Office and CSAS proposes to have services available in January.

"CSAS recently submitted a Target Cities grant application in collaboration with the substance abuse treatment providers to the federal Center for Substance Abuse Treatment. The proposed project will create a more effective treatment continuum through the development of a centralized intake and computer reservation system designed to match clients to the most appropriate treatment and filling slots as soon as they become available. In addition, funds for treatment enhancement will provide staff training, and transportation and childcare for clients.

"A new prevention project for youth, Friday Night Live, will be starting in San Francisco to provide leadership opportunities, alternative activities to drug

## Bayshore LRV Study Recommends City Now Seek Federal Funding

After months of opinions and speculation, consultants exploring the possibility of light rail vehicles (LRVs) in the Bayshore Corridor have recommended San Francisco apply for federal funds if the project is to get off the ground. Headed by William Smith Associates, the final report compiled by the project team in November also suggested further study of light rail alternatives.

Although residents who were interviewed wanted construction to start as soon as possible, some felt application for federal funds could delay the project. Muni still needs to replace an already existing fleet of deteriorating LRVs before it can consider construction of an additional rail yard to house a new system. However, planners are optimistic that if more money were secured, a maintenance and storage facility could be constructed at the same time as the Bayshore system, following a more detailed study of options called the Alternatives Analysis.

Producing more refined estimates for the proposed system expected to carry up to 36,000 riders daily by 2010, the new study would address several still unresolved issues including: the desirability of high versus low boarding platforms; deciding the light rail route north of Islais Creek; a track alignment crossing Highway 101; and the exact route to a southern terminal at Bayshore Station in Visitacion Valley. Also identified would be elements and cost of a project recommended for the

Bayview Third Street Commercial Center.

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## Recommendations By Consultants for Bayshore Project

Consultants for Muni's Bayshore Project made a number of recommendations for future transit improvements in San Francisco's southeast communities, including:

- \* seeking Federal Transit Administration capital funding;
- \* moving the light rail transit study into the Alternatives Analysis;
- \* investigation of low platforms at stations;
- \* securing development of a rail yard;
- \* providing exclusive rights-of-way for light rail transit;
- \* having two moving traffic lanes in each direction along Third St.;
- \* replacing lost on-street parking;
- \* considering immediate 15-Third line downtown operational improvements;
- \* expansion of 9X-San Bruno line service;
- \* planning an early start on capital improvements; and
- \* conducting a concurrent economic process.

Muni Bayshore Bulletin

## New State Laws Target Young Drivers, Pickup Passengers, and Bikers Under 18

New California laws now makes it illegal for any vehicle's driver under the age of 21 to have a blood alcohol level of 0.01 or higher, require bicyclists under age 18 to wear an approved safety helmet, and prohibit passengers from riding in the open bed of a pickup truck without seat belts.

Written by State Senator Quentin Kopp, the new blood-alcohol law for young drivers will require roadside sobriety tests administered with Preliminary Alcohol Screening (PAS), a device commonly employed by the California Highway Patrol. Police departments not having PAS equipment will be able to conduct tests with other devices, such as breathalizers. Those drivers not passing the test will immediately get their licenses suspended for one year.

Police officers suspecting prior al-

cobol consumption of any underage driver now also have the right to confiscate licenses on the spot. Kopp stressed the importance of the new law as an important deterrent to the large number of alcohol related accidents involving teenage drivers.

Backers of the new pickup truck seat belt law were concerned with the many deaths and thousands of injuries occurring in just the last few years where passengers riding in open beds either fell or were thrown from the moving vehicles. Previously, only children under 12 were required to be buckled.

Although bicyclists under 18 must wear a helmet as of January 1, authorities will be issuing only warning citations in 1994 to those not properly attired. After that, each violation will result in a \$25 fine.

## Legalizing Drugs a Step in Wrong Direction

By Andrew M. Mecca, Dr.P.H.

Advocates of illicit drug legalization received an undeserved shot in the arm from unexpected quarters: a high official working for President Clinton. Surgeon General Joyce Elders, who previously outlined her commitment to the Clinton Administration to drop the rhetoric and stick to policy, apparently abandoned that commitment to play the role of loose cannon by supporting the legalization of drugs.

While such advocacy is born of frustration, legalization is not a viable alternative, either as a philosophy or as a practical reality. Society need only pose three questions:

First, would we provide drugs to people of all ages?

No one is suggesting giving dangerous drugs to children, yet 50 percent of the demand is from people under 21. If illicit drugs were legalized, there still would be a "black market" with the attendant crime and violence. Indeed, legalization could trigger an increase in usage among young people.

Secondly, would we make unlimited

quantities available to those who want it?

We know that people self-medicate with some drugs until they die. Do we meet that demand - and if we don't, what about the illegal drug trade and crime we still are left fighting?

Then there are those who just want to grow and smoke pot. But marijuana today is more potent and therefore a more dangerous drug than that smoked in years past. Again, how much, to whom and at what potency?

Thirdly, who would distribute the drugs?

Some advocate given this responsibility to the primary health care system, such as physicians and pharmacies. With the crisis that already burdens national health care, can we really justify adding this extra liability and cost? In the alternative, do we want to establish government drugstores and fund them with taxpayer dollars?

I support more investment in treatment, education and prevention. The national policy advocates spending roughly 70 percent on enforcement and interdiction and 30 percent on reducing drug demand. In California, we are ap-

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## Good Luck, Clement



Leaving Visitacion Valley Community Center for Hong Kong in December was bookkeeper Clement Cheung, pictured here with girlfriend Ping.



## Alternatives for Geneva Towers and Sunnysdale

On December 16, 1993, Art Agnos traveled to Visitation Valley's John King Senior Center to host a meeting of the neighborhood to gather input to the plans for the renovation of Geneva Towers and Sunnysdale. The discussion, although inclusive of both properties, seemed to focus on Geneva Towers and its unique problems.

Geneva Towers was taken over by HUD in June, 1991 because of mismanagement and poor maintenance consisting of 54 Fire Code violations and other safety, sanitation and security problems, according to HUD. Cleanup and repairs began subsequently that have cost HUD \$7,825,000.00 to date. The monthly cost of management, maintenance and security to the Towers is said to be \$500,000.00 per month.

There have been studies of the situation over the past 2 years, and at this point, HUD has come up with six (6) alternatives, which were presented for discussion. The final decision on Geneva Towers will be made by the Assistant Secretary for Housing in Washington, D. C., based on Community Consensus, Local and State contributions and the costs to the Federal Government.

Below are the six alternatives, along with their costs (which do NOT include the cost of relocation of the residents). HUD does intend to relocate at least some of the families who reside there now.

Alternative 1: Rehabilitate the existing two buildings for family housing, which will cost approximately \$37 - 45 million, take 3 to 4 years, and result in approximately 404 - 560 finished units.

Alternative 2: Rehabilitate the existing two buildings; converting one building to elderly housing. Approximate cost: \$10 - 49 million. In 3 - 4 years, approximately 202 family units and 360 elderly units would be available.

Alternative 3: Rehabilitate and convert all existing units to elderly housing. The approximate cost would be \$44 - 54 million and in 3 - 4 years, approximately 720 - 840 units would be created.

Alternative 4: Rehabilitate and convert building A for elderly, demolish existing building B and construct new low-rise (3 story) family housing on that site.. The cost would be approximately \$36 - 44 million, producing 90 family and 360 elderly units in approximately 3 - 4 years.

Alternative 5: Demolish both existing buildings and construct all new low-rise (3 story) family housing. The approximate cost of this alternative is estimated at \$28 - 33 million and in 2 - 4 years, approximately 150 - 170 family units would be produced.

Alternative 6: Demolish both existing buildings and construct new housing for current residents including units on another site. The approximate cost of this would be \$51 - 62 million, and

## D-Day Vets Sought by Hotel for Celebration

A French hotel company operating in the U.S. is planning to honor America's D-Day veterans for the 50th anniversary of the landing in Normandy. Hotel Sofitel is asking for veterans who landed in Normandy on June 6, 1944, originally 100,000 men, to "stand up and be recognized" at a special celebration in their honor.

"It is our way of saying thank you to all those G.I.s who fought in Normandy in '44," said John Lehodey, now president of Hotel Sofitel North America, who was then a small boy living in Avanches where General Patton made his famous breakthrough. Fifty years later, he is planning a commemorative dinner at each of seven Sofitel hotels in the

United States.

Lehodey hosted a similar dinner for the 40th anniversary of D-Day when he was general manager of the Sofitel in Minneapolis, an event attracting nearly 200 area veterans. Some of them contacted him in 1993 about the 50th anniversary, which lead to the current project.

The option that I like best for Geneva Towers renovation is option number _____.	
Comments: _____	
_____	
_____	
_____	
_____	
My name is: _____ (optional).	
I live in the 941 _____ ZIP Code.	

Since records are vague, Lehodey is asking all interested veterans in the Chicago, Houston, Los Angeles, Miami, Minneapolis, San Francisco and Washington, D.C. areas to write him at: Hotel Sofitel North America, 2 Overhill Road, Suite 420, Scarsdale, NY 10583. Veterans who landed in Normandy on D-Day, June 6, 1944 should include, with their name and address, the name and military unit to which they belonged.

## Why San Francisco Could Certainly Use More Police on Its Streets

By Mayor Frank Jordan

San Francisco needs full staffing for its police department.

Robert Kennedy wrote in 1964: "Every society gets the kind of criminal it deserves. What is equally true is that every community gets the kind of law enforcement it insists on."

His remarks, which rang the bell of truth three decades ago, are still relevant today. As mayor of this great city, as a former chief of police, and as a native San Franciscan, I join with all San Franciscans in demanding the highest standards of performance from our Police Department. San Franciscans should be able to walk our streets free from fear, and free from hassle.

To accomplish this goal, San Francisco must have full staffing for its police department. Nowhere else in America will you find such a culturally diverse community living so closely together. And while this makes our city one of the most exciting and dynamic places in which to live and work, it can also pose some special problems for our police force.

Through November's ballot measures, specifically Proposition 172, San Franciscans have clearly stated that full staffing for the police department is

of the highest priority. Our community is insisting upon law enforcement that will be able to effectively meet San Francisco's public safety obligations.

Every community has a right to know where their tax dollars are allocated. Proposition 172 passed because the measure provides a dedicated revenue source for public safety; 62 percent of San Franciscans voted for this measure primarily because revenue is specifically targeted for police, sheriffs and fire departments. This compares with the defeat of Proposition C, which would have authorized the same one-half percent sales tax without the guarantee dollars raised would be spent for public safety.

My commitment to full staffing for our police department should come as no surprise to San Franciscans who know my long held anti-crime stance. However, it is not the only answer in our fight against crime.

You can help. Join my city-wide partnerships to promote better local and federal policies that encourage comprehensive neighborhood development of prevention, education, treatment and enforcement programs and policies. Together, we will send Washington D.C. a clear signal that na-

tional resources need to be redirected for community services, as well as our local law enforcement agencies. And I will continue to speak with President Clinton about getting our share of federal funds from the upcoming Crime Bill.

For example, the City has recently applied to the federal government under the auspices of the Crime Bill for funds which would enable the police department to hire 20 new officers. These officers would be distributed according to need within the police department, but all would be "beat cops."

This is only the beginning. Full staffing would mean hiring an additional 135 new police officers, officers who would be out on the streets. The purpose is not more arrests, but crime deterrence and prevention. The additional presence on our "front lines" will fulfill this goal.

Even with existing manpower, the City has come a long way in the fight against crime. Major crimes in San Francisco are down more than 12 percent over last year. Much of this is a direct result of the Matrix program, a comprehensive plan by the City to address the complexities of the homelessness and street crime. Matrix encompasses a social service component to assist those in need, as well as a public safety component that enforces existing laws.

Our city-wide partnerships combined with a fully-staffed police department will open the window of opportunity and allow us to take back our streets and our neighborhoods. We, as a community, must insist upon it.

## Book Review

Black San Francisco: The Struggle for Racial Equality in the West, 1900-1954 by Albert S. Broussard; University Press of Kansas, 501 W. 15th St., Lawrence KS, 66049; 335 pgs.; \$35.

In this detailed account, a rare study of a twentieth century African American community in a major western metropolis complete with footnotes, native San Franciscan Broussard chronicles the plight of the City's black citizens from the turn of the century through the mid-1950s. From a population totalling less than 5,000 before 1940, the book describes how the World War II defense industry brought thousands of southern black migrants to the Bay Area, who together with native black residents formed coalitions with white liberals to attack racial inequality more vigorously and successfully than at any previous time in San Francisco history.

## Mandatory Sterilization for Pets in NYC?

Friends of Animals (FoA) announced plans last March to seek sponsorship in the New York City Council for a mandatory dog and cat sterilization law in the five boroughs of New York.

Announcement came on the heels of an the American Society for the Prevention of Cruelty to Animals (ASPCA) decision to stop providing animal control services to NYC, a function having been performed under municipal contract since the 19th century.

A tabloid headline reading "ASPCA Set to Bow Wow Out of Nutcracker" trivialized the issue, leaving much of the public with an erroneous impression that if the ASPCA stopped killing unwanted animals and no other "bad guy" surfaced to claim the job, no animals would be killed.

The "bad guy" is likely to be the New York City Health Department's Bureau of Animal Affairs, a thought certain to upset even the most jaded observers of municipal ineptitude. This department administers the dog licensing law, a job it previously inherited from the ASPCA.

Separation of the ASPCA from NYC's animal control makes the passion of mandatory spay/neuter legislation more crucial than ever before, since probability of a department not known for its interest or expertise in humane issues would adopt out fertile animals with little care for the consequences.

When Attorney Elinor Molbegott, author of FoA legislation, approached City Councilmember Kathryn Freed and asked her to consider sponsoring the bill, Freed took on the challenge. No one imagines passing the law will be easy. But passing it is essential.

As specified in the proposed law:

- Each dog or cat more than six months old must be spayed or neutered unless a \$50 unaltered animal permit is obtained for the animal. (In New York State, licensing fees are set in the legislature, so differential licensing could not be attached to the City bill. Nevertheless, an unaltered animal permit would serve the same purpose.)

- Each dog or cat more than six months old adopted from an animal shelter must be spayed or neutered before transfer to the adopter, unless health exemptions apply and are certified by a veterinarian.

- Each dog or cat less than six months old adopted from a shelter must be spayed or neutered within five months of the adoption date.

- Animal shelters must collect spay/neuter deposits of not less than \$25 nor more than \$50 before adopting out any dog or cat under six months of age. Deposits are refundable only if the adopter provides the shelter with written veterinary certification indicating the animal was spayed or neutered within five months of the adoption date. Shelters must maintain written veterinary certifications specified and make them available for inspection by enforcement personnel.

- No person may cause or allow a dog or cat to breed unless in possession of a \$150 breeder's permit.

- No person may sell an unaltered dog or cat of any age unless a \$150 seller's permit is first obtained.

- Every pet dealer who sells an unaltered dog or cat, regardless of the age of the animal, must in addition to obtaining a seller's permit, be required to pay a fee of \$50 for each unaltered dog or cat sold, and provide the purchaser with information summarizing the health benefits to dogs and cats of spaying and neutering, and information about the serious dog and cat overpopulation crisis, as well as requirements contained in the law for persons owning unaltered dogs or cats or who wish to breed dogs or cats.

- Pet dealers (defined as any person who in the ordinary course of business engages in the sale of more than nine dogs or cats to the public per year for profit) must maintain records of sale to be described in regulations to be promulgated.

- No one may advertise for sale unneutered or unsprayed dogs or cats unless the publication or ad includes both the unaltered animal's permit number if the animal is six months of age or older, and the seller's permit number.

- No person may allow the whelping of more than one litter for each female cat or dog owned or harbored in any 12 month period.

- Dogs and cats in the custody of an animal shelter may be adopted only to person 18 years of age or older who agree in writing to adopt only as companion animals. No dog or cat may be made available to anyone for research, experimentation, testing, teaching or demonstration.

- Spaying and neutering may be per-

formed only by duly licensed veterinarians using appropriate and humane surgical procedures and anesthesia.

- Health Department would be required to implement a computerized lost and found system to facilitate the reuniting of lost dogs and cats with their owners.

- Monies collected in accordance with the terms of the bill shall be used to administer and enforce the law. Any monies not needed for these purposes shall be used for: low-cost spaying and neutering of dogs and cats harbored by low-income residents and senior citizens; and public education programs to prevent overpopulation of dogs and cats, the encouragement of licensing and the responsible treatment of animals.

- Maintenance of records detailing euthanasia rates, number of permits issued and other information will be required for an annual report which should also include recommendations for additional legislation to reduce euthanasia rates, and dog and cat overpopulation problems.

Similar local laws have been passed in California, Maryland and Washington, where in King County, the Progressive Animal Welfare Society (PAWS) battled what the Associated Press called "a vociferous, well-organized lobby of pet shop owners, dog breeders and the American Kennel Club" while working for passage of a similar bill.

Typically, PAWS members and backers of the bill's breeding moratorium (which did not survive the compromise process) arrived two hours early to testify for the bill, but found themselves outflanked by breeders and other ordinance opponents who garnered the first 50 speaking slots by showing up even earlier.

One of two councilmen voting against the bill dismissed the public's attention to pet overpopulation as "goofy." He is quoted as saying: "There's always going to be waste, from garbage to unsold beef steaks to extra dogs and cats."

A lobby representing pet stores and the commercial pet industry fought hard. One breeder spokesperson against the measure said he spent thousands of dollars on his dog hobby every year, but complained that \$44 was too expensive a fee for a license. Others opposing the measure claimed pet overpopulation was an imaginary problem which did not exist; that dogs and cats are just "at best capable of conditioned responses to stimuli" and have no rights (this from a veterinarian's spokesperson).

FoA expects competition for seats in the council chambers when the bill goes to the New York City Council Health Committee for hearings, with a delegation of representatives from Putting People First (PPF) attempting to convince council members the FoA effort is really a pet eradication plot.

In a Fur Age Weekly column last spring, PPF chairperson Kathleen Marquardt described efforts to launch a voluntary moratorium on pet breeding as "phase one of a systematic plan to abolish pet ownership." Her anxieties not confined to breeding moratoriums, she further explained that because humane organizations would urge the public to adopt animals from shelters, all pet stores, breeders, fanciers and kennel clubs could be wiped out overnight. Marquardt insisted that shelters, on the other hand, would never go away, because, "Most remaining animals euthanized in shelters today are too old, sick or dangerous to be adopted."

Also appearing to be on Marquardt's wavelength is John S. Ward, board of directors chairperson of the American Kennel Club, who according to Fur Age Weekly felt a voluntary moratorium was "an extremist measure which would deny responsible pet owners their rights in an effort to punish those who are responsible." Marquardt's most humorous stab at an authentic tone? "Even a temporary moratorium" on breeding will "drive many breeders out of business permanently and threaten the gene pool of rare breeds."

Reprinted from Action Line, the Friends of Animals magazine, 30 Hartford St., South Norwalk CT 06854

## New DMV Licensing, Registration Laws

In an effort to reduce illegal immigration into the state, first-time applicants for California driver's licenses must now show proof of U.S. citizenship. Those late in renewing their vehicle registrations will now face fines figured on a scale from 10 to 60 percent depending on the renewal's tardiness, rather than the previous 40 percent.

## Five Years Ago in the Grapevine

### JANUARY 1989

- Board of Advisors of Outstanding Americans named Visitation Valley resident Derrick Keith Dogan to the 1988 roster of Outstanding Young Men of America.

- Two outstanding executives heading local agencies: Renee Strong, recreational director of Herz Playground on Visitation Ave. and Julie Kavanagh, executive director of Visitation Valley Community Center, were recipients of Rev. Mark Coonrad Memorial Awards presented by St. James Presbyterian Church on Leland Ave.

- A draft of the McLaren Park

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## Reading Between the Headlines

Stories formerly considered by the media only as filler are now making front-page headlines and leading the airwaves. And the results of every new report or study seem to contradict those previously reported.

Is all this information leaving the public confused and turned off - rather than on - to sensible pleasurable eating? How can consumers analyze and make sense out of the conflicting findings on diet and health?

The session "Black, White and Gray All Over: Communicating the Evolving Science of Nutrition" provided attendees of the Society for Nutrition Education (SNE) annual meeting with an opportunity to address these pressing questions. The panel session gathered journalists, marketing professionals, and science and health educators to discuss how emerging theories, single studies and piecemeal information on nutrition and health can be reported accurately, without disillusioning consumers or thwarting their interest in nutrition.

Anthony Schmitz, contributing editor to Health magazine, opened the session with insight on what really happens to articles when they come across the copy desk. "Within 30 minutes you might get a story about the royal family's I.Q. or a freeway pile-up or the latest cholesterol findings...I, like most copy editors, didn't know anything about any of it," explained Schmitz. Nonetheless, I was the person who was going to read the headline or write the headline."

With extremely tight deadlines, editors are forced to cut copy, excluding study information which could be important in determining the study's personal significance.

Mary Steideman, Ph.D. of the American Heart Association, and Sharyn Sutton, Ph.D., chief of the National Cancer Institute's information Projects Branch, discussed how information gets from researchers to the media, and ultimately, to the public. Both stressed that scientists, researchers and nutritionists are all responsible for presenting information to consumers in clear and concise language.

According to Sutton, consumer reality and scientific reality are two different entities; how consumers respond to research is not necessarily what the researchers want them to do. "A clear,

specific statement of what the target audience should do will be more useful than a reference to some very favorable outcome," she said.

For example, telling consumers to eat more of a particular fruit or vegetable to reduce their risk of colon cancer is less effective than saying that eating more fruits and vegetables can make a person feel great.

"We have no idea if the specific benefits (of reducing cancer risk) mean anything to people," said Sutton.

Daniel Puzo, a staff writer for the Los Angeles Times and Nancy Sumner, vice president and account supervisor with Ketchum Public Relations, emphasized that the stronger the science behind the story, the more likely it is to be picked up by the media. Both agreed that the more a story can be substan-

tiated, the better it is for consumers.

But, because consumers are so interested in health-related stories, the media is expected to report the latest study, regardless of how it complements or contradicts the previous day's report. "Scientific research is in constant flux," said Puzo. "That's the nature of science, but it doesn't quite fill a media-trained society that demands instant answers and immediate results."

In summarizing the session, IFIC vice-president and session moderator Susan Borra, R.D. emphasized that the key to determining the significance of any study is evaluating the scientific methods employed. Just as consumers should approach each new report with a critical eye or ear, those working in communications - journalists, communicators and marketers - must also be analytical and scrutinize the information they receive.

## Legalizing Drugs A Step Backwards

FROM PAGE ONE

proaching a 50:50 ratio, which we feel makes more sense.

Law enforcement is necessary since the first step in changing destructive behavior is facing the consequences of drug use. Law enforcement, along with the judicial and corrections system, can facilitate the breakdown of denial.

Education also is working. As a society, we are learning how to quit smoking. We are learning it's okay not

to drink. Yet these "legal" drugs combine to kill more than 500,000 Americans each year. Meanwhile, illicit drugs are killing 20,000 annually.

Treatment and prevention are working! Laws are a statement of a culture's ethos. In this case, laws remind us that drugs are devastating. We can learn this lesson and change our behavior without increasing the carnage. I have to agree with Senator Bob Dole, and wonder if the surgeon general is also hazardous to our health.

*Mecca is director of California Department of Alcohol and Drug Problems.*

## Everything with a Grain of Salt!

Anthony Schmitz of Health magazine provides these quick tips for interpreting and deciphering health-related stories from "Food News Blues," his award-winning article:

\*Realize editors must adhere to unrealistic deadlines and often must cut stories to fit their publications. Health stories may not be telling the whole story.

\*Compare yourself to the study subjects before drawing any conclusions or making sweeping changes in your habits. "For instance, if the study subjects have four legs and you have two legs, don't rush out to change your life on the basis of the study," he said. "If the subjects are two-legged, you still might want to ask yourself how closely they resemble you. If you are female, young

and slim...then maybe you should take sort of lightly the results of a study done on overweight, old men who ate 14 bran muffins a day."

\*Consider the number of subjects and the amount of product they consumed in the study. "Research conducted with 14 pigs who ate 24 grapefruit every day is really not substantial," he said.

\*Examine the credibility of the findings. Publication in a peer-reviewed journal is a very good indication that health claims/conclusions have been substantiated by an expert panel.

\*Be skeptical. "You have to bring some critical judgement along with you when you read the paper," he said. "You can't believe everything you read."

*International Food Information Council*

## GRAPEVINE MAILBOX

*The following letter was sent by Andrew M. Mecca, Dr. P.H., director of the California Department of Alcohol and Drug Problems, to Surgeon General Jocelyn Elders after her announcement in support of legalized drugs.*

Dear Surgeon General Elders:

Thank you for galvanizing the field around such a stupid idea.

As a prime champion of public health in our nation, I find it unconscionable that you would support the concept of legalization of drugs. There is no doubt that crime is related to illegal drug use. However, your premise that the legalization of drugs would dramatically reduce crime is ridiculous.

I must guess your assumption is if illegal drugs were made available, that the illegal market and profit from the sale of these drugs would be eliminated. However, following the models we have for alcohol and tobacco, those under the age of 21 or 18 would not be able to purchase these drugs, thus leaving the first market for the illegal sale of illicit drugs. Second, my guess is that you would not make dosages in any amount available, so that those physiologically addicted who want a more potent drug than you would be willing to provide would still be looking for an illegal market. And thirdly, I don't believe you would make unlimited amounts of illegal drugs available, providing a third market for the illegal sale of these drugs.

From a public health standpoint, we currently do not provide chemical dependency treatment for all who need it and to increase the number of people using these illegal drugs would only increase the demand for treatment, which is already overly extended.

At the national level we are making strides for the first time, shifting out focus from supply reduction and focusing on the interdiction of drugs into our country to the demand reduction. Your proposal is 180 degrees in the opposite direction from reducing the demand to encouraging and making available drugs for populations which have not tried them before.

Here in California, we take a very clear stand against the legalization of drugs, focusing on reducing the

demand and increasing the availability of treatment. Our prevention programs focus on youth in schools and communities, adults in workplaces, and empowerment of communities to make healthy environments for all their residents.

From your public health training, you know that the classic interaction between the host (being the citizens of our country), the agent (being illicit drugs), and the environment (being the availability and attitude toward drugs in our society) would only produce larger health problems with the legalization of drugs. To point to alcohol and tobacco as examples of how successful we have been in the legalization of mind-altering substances would only point out that tobacco and alcohol kill approximately 550,000 every year, whereas illicit drugs kill approximately 20,000 people each year. Would our efforts not be better placed in reducing the trauma caused by alcohol and tobacco than allowing the damages of illicit drugs to increase up to the levels of our two most hazardous legal substances?

As resources shrink, the demand for public assistance in chemical dependency programs increases, and Governor Wilson has responded by providing an additional \$25 million for treatment programs for pregnant women and their children. We must invest in the prevention and treatment of alcohol and other drug abuse, and not provide new avenues for others to join the ranks in need of treatment.

Just when the Clinton Administration struggles to put together a cogent and cohesive national drug policy, it is inexcusable that the nation's leading health officer could suggest legalizing drugs. This is a major retreat in the fact of significant progress over the past decade.

Please reconsider your decision and strongly support the efforts moving us toward a healthier twenty-first century. You spoke during the first week of December at the Drug Free Schools and Communities Grant Conference and emphasized the importance of comprehensive health education. The legalization of drugs would undermine the effectiveness of such programs and questions the credibility of your office.

Sincerely,  
Andrew M. Mecca, Dr. P.H.

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Rico's Favorite TV Programs

- 1. Ron Hayes was Lincoln Vail of \_\_\_\_\_.
- 2. Kenneth Tobey and Craig Hill piloted \_\_\_\_\_.
- 3. Locally, Bob March daily piloted the Starfinder II and later the Laser II as \_\_\_\_\_.
- 4. He was Mayor Art. His sidekick was a cuckoo bird puppet named \_\_\_\_\_.
- 5. They were the Mothers-in-Law.
- 6. Shirley Booth played the busybody maid on \_\_\_\_\_.
- 7. Paul Birch and William Campbell were Mike and Jerry of \_\_\_\_\_.
- 8. Steve Forrest was art dealer John Mannering on \_\_\_\_\_.
- 9. Who was Danger Man?
- 10. Annie Farge played the French woman married to Marshall Thompson on \_\_\_\_\_.
- 11. He played Johnny Yuma on The Rebel.

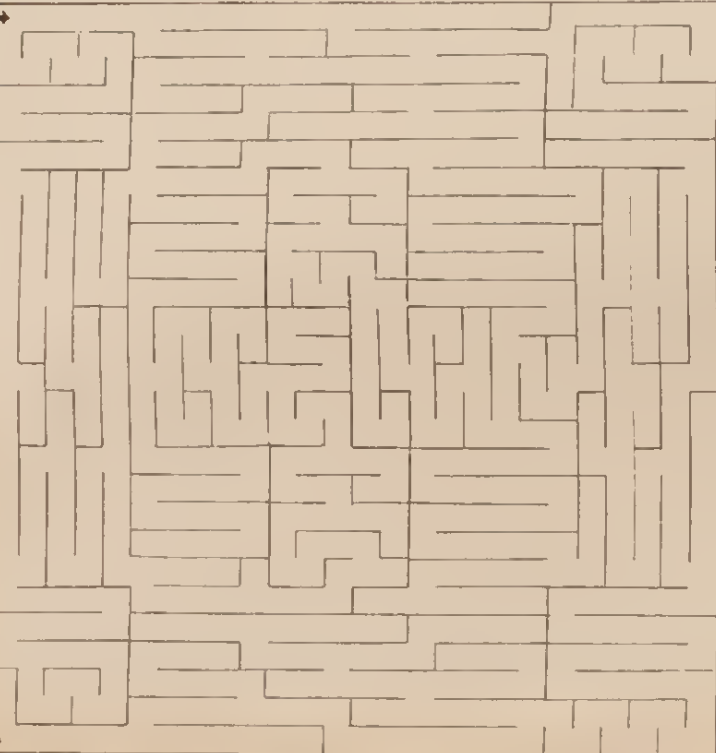
- 12. When the Kingfish smelled trouble on Amos and Andy, he always visited a lawyer named \_\_\_\_\_.
- 13. Donnie Most was \_\_\_\_\_ on Happy Days.
- 14. She was Sydney.
- 15. He was arson investigator Joe Rortchek on Code Red.
- 16. They were He & She.
- 17. Where was Mel's Diner located on Alice?
- 18. He was Zorro on the original series.
- 19. Monte Markham played a small town newspaper publisher who inherited a large corporation on \_\_\_\_\_.
- 20. William Daniels played Carter Nash on \_\_\_\_\_.
- 21. Who was Mr. Terrific?
- 22. He played Lt. Howard Finucane of the San Diego Police Department on Manhunt.
- 23. Who brought the puppets Hush Puppy, Charlie Horse and Lamb Chop to life?
- 24. He hosted Shenanigans.

- 25. They were the Snoop Sisters.
- 26. Contributing his unique brand of dialogue to Ripley's Believe It or Not was host \_\_\_\_\_.
- 27. He was the Great Gildersleeve.
- 28. She hosted two short-lived talk shows years after a successful career as a burlesque star.
- 29. Who was Lucas Tanner?
- 30. After a six year stint as Grandpa McCoy, Walter Brennan returned considerably wealthier a season later on his own show as \_\_\_\_\_.
- 31. He was the star of The World of Mr. Sweeney.
- 32. Cybill Shephard and Bruce Willis started together on \_\_\_\_\_.
- 33. And before that, Shepherd played Colleen Champion on \_\_\_\_\_.
- 34. Dick Kallman used to sneak in to college classes to get an education as \_\_\_\_\_.
- 35. Top stars Gene Barry, Tony Franciosa and Robert Stack all worked for Crime magazine on \_\_\_\_\_.
- 36. She took care of things in Nanny and the Professor.
- 37. And she was the Farmer's

- Daughter.
- 38. Theme song "Whistle Me Up a Memory" accompanied the closing credits of this western.
- 39. Pat Harrington played Schneider, the building superintendent on \_\_\_\_\_.
- 40. Popular was the voice of Lorenzo Music as Carlton the Doorman on \_\_\_\_\_.
- 41. He was Rowdy Yates on Rawhide.
- 42. As an inept Texas Ranger, Tim Conway starred as \_\_\_\_\_.
- 43. Before Ken Curtis was Festus in Gunsmoke, he was Chester.
- 44. He was Sarge.
- 45. Who was Big Eddie?
- 46. A-ha-ha-ha-ha! She was the star of the Pruitts of Southampton.
- 47. Roger Moore played Simon Templar on \_\_\_\_\_.
- 48. Edd Byrnes was Kookie, the hip-talking parking lot attendant at Dino's Lodge on \_\_\_\_\_.
- 49. Parker Stevenson and Shaun Cassidy worked together as \_\_\_\_\_.
- 50. He was Harry O.

- Answers
- 1. The Evereadies; 2. The Boys; 50. David Janssen
- 3. Saint; 48. 77 Sunset Strip; 49. The Hardy
- 5. Eastwood; 42. Dennis
- 6. Weaver; 44. George Kennedy; 45. Shel-
- 7. One Day at a Time; 40. Rhoda; 41. Clint
- 8. Stevens; 38. Tombstone Territory; 39.
- 9. the Game; 36. Juliet Mills; 37. Inger
- 10. low Rose; 34. Hank; 35. The Name of
- 11. Ruggles; 32. Moonlighting; 33. The Yel-
- 12. Hartman; 30. The Tycoon; 31. Charles
- 13. 28. Gypsy Rose Lee; 29. David
- 14. Jack Palance; 27. Willard Waterman;
- 15. Helen Hayes; 43. Mildred Natwick; 26.
- 16. 23. Shari Lewis; 24. Stubby Kaye; 25.
- 17. 21. Stephen Strimpell; 22. Victor Jory;
- 18. Deeds Goes to Town; 20. Captain Nice;
- 19. 17. Phoenix; 18. Guy Williams; 19. Mr.
- 20. 16. Richard Benjamin; Paula Prentiss;
- 21. Valerie Bertinelli; 15. Lorne Greene;
- 22. 3. Calhoun; 13. Ralph Malph; 14.
- 23. Angel; 11. Nick Adams; 12. Algonquin
- 24. 10. Ballard; 6. Hazel; 7. Cannonball; 8. The
- 25. 9. Patrick McGlohan; 10. The
- 26. 1. The Evereadies; 2. The

Minute Maze



Food Allergy Questions are Now Answered in a New Brochure

While allergy to pollen or other outdoor sources typically causes a lot of discomfort during spring, summer and fall, food allergy is one condition that knows no season. Although surveys show that approximately one in three adults believe they have a food allergy, symptoms in reality actually affect less than two percent of the population.

Because misunderstandings of food allergy can lead to unnecessary food restrictions - and in some cases prove life-threatening - the American Academy of Allergy and Immunology (AAAAI) and the International Food Information Council (IFIC) Foundation developed an educational brochure, "Understanding Food Allergy."

AAAAI is the largest national medical specialty organization representing allergists and clinical immunologists and allied health professionals. Established in 1943, the Academy has more than 4,900 members in the U.S., Canada and 41 other countries.

Developing educational and scientific programs in food safety and nutrition, the independent IFIC Foundation is affiliated with the International Food Information Council, a nonprofit organization sponsored by the broad food-

and beverage industry.

"Anyone who thinks they have a food allergy should consult their physician for proper diagnosis," said Fred McDaniel Atkins, M.D., a past chair of the AAAAI Adverse Reactions to Foods committee and medical editor of the brochure. "A number of unpleasant symptoms can occur after eating that are caused by medical conditions other than food allergy. It's important to seek medical help, rather than to ignore the symptoms or to eliminate certain foods,

because treatment varies dependant on the cause of symptoms."

Answering commonly-asked questions, the 16-page booklet explains basic symptoms, outlines the diagnosis and management of food allergy, and describes the difference between food allergy and food intolerance.

Single copies of "Understanding Food Allergy" are available by sending a self-addressed stamped envelope to: Understanding Food Allergy, P.O. Box 1144, Rockville, MD 20850.

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It's indeed a special honor for any sports star to be pictured on front of the latest box of Wheaties, an American institution long known as the "Breakfast of Champions." Today a major seller for General Mills, the popular cereal got its start more than seven decades ago purely by accident.

Back in 1921, a health clinic operator who fed his overweight clients cooked bran to regulate their digestion accidentally splattered some of the mix on a

hot stove, causing it to dry into thin wafers. Suddenly brainstorming an idea, he described his finding to an executive of the Washburn Crosby Company, who in turn sparked interest from the firm's head man.

Finding bran flakes would disintegrate under heavy packaging, the company began experimenting with more than three dozen varieties of wheat before finally arriving at a formula the board of directors deemed marketable. In a contest to name the new cereal, a company executive's wife suggested a descriptive title of what would be inside the boxes - namely Wheaties.

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FILES OF R. U. BLAME  
PRIVATE EYE  
By Frank Waturl

After chasing Ben Duffo's stolen jeep up a narrow dirt roadway in a large tow truck driven by Bud Blight and Lintville Mayor Fenwick Farce, Detective Blame and assistant Gus Goner encountered what appeared to be the thief lying in the brush near the stopped vehicle. As both investigators attempted to interrogate the individual, a darkly-clad man screaming in a high-pitched voice jumped from behind a large tree with a baseball bat, pushed Gus aside and took swing at Blame's head.

Questions and Answers

With precision, split-second timing, almost as if rehearsed, Blame ducked his head as the falling Gus grabbed both legs of the bat-wielding man, who then slipped and plummeted to the ground while screaming a barrage of obscenities at his sudden captors, now surrounding him with the confiscated bat.

"Mr. Head-Chopper-Offet, I presume?" exclaimed a panting Blame smiling contentedly as he pointed the splintered bat at the larger man, who swung his bead wildly from side-to-side as bescreamed, "I don't know what your talking about!"

"Ob, really?" responded Blame in a sarcastic tone. "How about the other night at Bulango's boat at the harbor pier in the fog, pal? Or did you think I

wouldn't forget the putrid odor of a man who apparently doesn't wash his clothes?"

"Kind of does smell like somebody lost their lunch, don't be?" remarked the other man as he grinned provocatively from the corner of his mouth.

"Why, I'll smash you to pieces, you li' worm!" screamed the larger man as he flailed his arms menacingly.

"You're not smashing anything anymore!" responded Blame, as he stepped forward and aimed the bat, preventing the man from getting to his feet. "And, by the way, just who the heck are you two guys? You, on the ground. You like to swing things at people's heads. And you over there. You like to steal people's motor vehicles."

"A-ha! What I tell you!" came a loud voice from a distance. "So, you no like it here but you come back, huh Udo?" exclaimed Duffo to the cousin of missing fisherman Joe bulango as he and Farce quickly walked to where the others were standing.

"I don't like that guy," said Farce as he pointed in the direction of the man still lying on the ground.

"Well, ain't that just tough!" squealed the big man. "First you come on to my land, knock me to the ground in my backyard, and top it off with an insult!"

"This is a backyard?" questioned Gus in a whisper to Blame, as he motioned to the tin cans and broken utensils piled next to the dilapidated outhouse.

"This here's the rat I've been telling you about," explained Farce as he pointed at the slovenly man who now had fresh mud stains on his already filthy clothes after finally being allowed on

his feet.

"My name is Egbert, you beanhead!" exclaimed the man to Farce, as he unsuccessfully attempted to brush himself of the additional wet dirt, causing unsightly streaks on his panis.

"I don't like this guy!" retorted Farce.

"I've never liked this guy! Living up here in this...look at this place! It looks like..."

"So you're the guy who lives here, huh?" Blame asked Rat as the larger man scratched his chin and mumbled, "Does this bave anything to do with the Cookies?"

"Cooks!" retorted Blight. "What cooks? You mean like in a bakery?"

"Maybe be mean to talk about kooks?" questioned Duffo as Udo nodded half-heartedly in agreement.

"Say, Roscoel" inquired Gus, "Wasn't there a..."

"Cooke Brothers smuggling ring out of Hong Kong?" finished Blame. "There still is! Soooo...you two guys are part of..."

"No! No! No!" quickly answered Udo as he pointed a finger in the direction of the road. "These two big guys stopped me as I was coming around the curve down there just a while ago. They took my car and left me on the road. I ran down the road and..."

"You steal a my jeep, Udo?" finisbed Duffo as he waved his hand back and forth.

"How was I supposed to go after them without a car, Ben?" replied Udo with a question as he looked to the others hoping for moral support.

"Well, what were these guys doing up here, anyway?" asked Blame as the other men vocally affirmed the

VISITACION VALLEY GRAPEVINE - JANUARY 1994 - 5

detective's question.

"They followed us up here from the harbor in the city when we were checking out Joe's boat last night," answered Udo as he motioned his hand back and forth between himself and Rat.

"Why you dirty squealer, I'm gonna..." screamed Rat as he lunged towards Udo in an attempt to stifle his speech before being subdued by Blame, Gus and Blight.

"Whoa, boy!" yelled Blame at Rat, whom he quickly pulled away while staring at his sneering, unshaven face, an appearance futher worsened by squinting eyes and several missing front teeth. "So why did you swing that machete at my head last night?"

"Well how was I supposed to know you weren't one of those Cooke guys?" replied Rat as he further contorted his face hoping his justification was acceptable.

"It would have mattered if you didn't miss!" replied the detective in a noticeably sarcastic tone. "Do I even get a 'scuse me' or a 'sorry' or something?" After a pause of silence, he added, "Guess not, huh?"

"We were just trying to find Joe," answered Udo of his missing cousin as Rat nodded in agreement. "People were talking about him drowning 'cause he couldn't swim, but I don't buy it."

"So how did you get knocked down here," questioned Blame.

"I slipped," replied Udo in a seemingly apologetic tone, as the others began rolling their eyes and fidgeting impatiently.

"Well, this whole ordeal is slipping by me! "See you all later!" remarked Blight as he turned to walk down the narrow drive to the tow truck, followed by a beret-tipping, fast-walking Farce.

"Say, we just blew a few tires down the road!" called Blame to the departing duo, "and we were wondering if you could..."

"Tow you guys back to town? Sure, anything for my drinking buddies!" replied Blight as he turned and smiled. "We can fix 'em and then we can go do some more drinking games," a comment whcih caused both the detective and Gus to wince, after which he added, "Come on! Just joking, you guys! Ha, ha, ha!"

Within a few hours, Blame's stranded Plymouth was towed back to Lintville, its tires were repaired, and both the detective and Gus were finally ready to depart. Driving past Grungy's Boardinghouse on their way to negotiate the dreaded narrow dirt road out of town, Blame and Gus encountered Crunch Grungy, the proprietor's son, who was waving his hand back and forth.

"Call for Roscoe Blame!" he yelled as the detective quickly stopped his car and sprinted through the front door into the sitting room where the phone was to grab the receiver.

"Mister Blame?" inquired a woman's voice on the line. "This is Sally Bulango, Joe's sister. I just picked up some of my brother's mail here in the city that I really think you should see!"

CONTINUED NEXT ISSUE

Famous Birthdays

JANUARY

- 1: Dana Andrews (1909); Matthew Beard, Jr. (1925); Ray Bolger (1904); Francis X. Busbman (1883); Barry Goldwater (1909); Paul Henreid (1908); Carole Landis (1919); Frank Langella (1940); Bernard Lee (1908); Terry Moore (1932); Don Novello (1943); Paul Revere (1735); Betsy Ross (1752); Marlene Sanders (1931); Milton Sills (1882)
- 2: Isaac Asminov (1920); Jim Bakker (1939); Federico Fellini (1920); Lorenzo Lamas (1958); Florence Lawrence (1886); Sally Rand (1904)
- 3: Michael Anderson (1920); Maxine Andrews (1918); Victor Borge (1909); Dabney Coleman (1932); Mel Gibson (1951); Gene Hackman (1931); Martita Hunt (1900); John Ireland (1915); John Loder (1898); Robert Loggio (1930); Hugh Marlowe (1914); George Martin (1926); Ray Milland (1908); Victoria Principal (1944); Vanessa Redgrave (1937); Steven Stills (1945); Hank Stram (1924); David Wayne (1914); Jesse White (1919)
- 4: Sorrell Booke (1930); Dyan Cannon (1938); Tom Helmore (1912); Sterling Holloway (1905); Sir Isaac Newton

- (1642); Barbara Rusb (1930); Don Shula (1930); Richard Stabl (1932); Jane Wyman (1914); Dick York (1928)
- 5: Hugh Brantum (1910); George Washington Carver (1864); Jean Dixon (1918); Robert Duvall (1931); Diane Keaton (1946); Pamela Sue Martin (1954); Walter Mondale (1928); Jack Norworth (1879)
- 6: Joey Adams (1911); Capucine (1935); Bonnie Franklin (1944); Joan of Arc (1412); Carl Sandberg (1878); Danny Thomas (1914); Loretta Young (1913)
- 7: Nicolas Cage (1964); Tony Conigliaro (1945); Millard Fillmore (1800); Vincent Gardenia (1922); Douglas Kiker (1930); Kenny Loggins (1948); Butterfly McQueen (1911); Jann Wenner (1946); Adolpb Zukor (1873)
- 8: David Bowie (1947); John Carroll (1735); Grabam Chapman (1941); Jose Ferrer (1912); Yvette Mimieux (1939); Elvis Presley (1935); Larry Storch (1923)
- 9: Joan Baez (1941); Bob Denver (1935); Crystal Gayle (1951); Fernando Lamas (1925); Gypsy Rose Lee (1914); Anita Louise (1917); Richard Nixon (1913); Soupy Sales (1930); Bart Starr (1935); Lee Van Cleef (1925); Susanah York (1941)
- 10: Francis X. Bushman (1883); Sherrill Milnes (1935); Sal Mineo (1939); William Sanderson (1948); Rod Stewart (1945)

- 11: Monte Blue (1890); Chester Conklin (1888); Alexander Hamilton (1755); Lionel Stander (1908); Rod Taylor (1930); Grant Tinker (1926); David Wolper (1928); George Zucco (1886)
- 12: Kirstie Alley (1955); Anthony Andrews (1948); Joe Frazier (1944); John Hancock (1737); Patsy Kelly (1910); Joe E. Lewis (1902); Rush Limbaugh (1951); Jack London (1876); Ray Price (1926); Luise Rainar (1909); Charles Richman (1876); Tex Ritter (1907); Howard Stern (1954); Glen Yarborough (1930); Henny Youngman (1906)
- 13: Kevin Anderson (1960); Sanora Church (1943); Elmer Davis (1890); Julia Louis-Dreyfus (1961); Richard Moll (1943); Rosemary Murphy (1927); Charles Nelson Reilly (1931); Robert Stack (1919); Francis Sternbagen (1930); Brandon Tartikoff (1944); Rip Taylor (1930); Sophie Tucker (1884); Gwen Verdon (1926)
- 14: Harriet Andersson (1932); Benedict Arnold (1741); Jason Bateman (1969); Frances Bavier (1905); William Bendix (1906); Bebe Daniels (1901); Faye Dunaway (1941); Hal Roach (1892); Andy Rooney (1919); Caterina Valente (1931)
- 15: Veda Ann Borg (1915); Mathew Brady (1823); Lloyd Bridges (1913); Martin Luther King, Jr. (1929); Gamal Nasser (1918); Aristotle Onassis (1906); Veronica Tennant (1946); Mario Van Peebles (1957)
- 16: Debbie Allen (1950); Frank Bacon (1864); Harry Carey (1878); Dizzy Dean (1911); A.J. Foyt (1935); Marilyn Horne (1934); Katy Jurado

- (1927); Ethel Merman (1908); Ronnie Mislap (1944); Elliot Reid (1920); Diana Wynyard (1906)
- 17: Noah Beery (1884); Benjamin Franklin (1706); James Earl Jones (1931); Shari Lewis (1934); Kenny Loggins (1947); Sheree North (1933); Mack Sennett (1880); Betty White (1917)
- 18: Norman Chaney (1918); Cary Grant (1904); Oliver Hardy (1892); Danny Kaye (1913); Kevin Costner (1955); Daniel Webster (1782)
- 19: Desi Arnaz, Jr. (1953); Michael Crawford (1942); Harry Davenport (1886); Phil Everly (1938); Shelley Fabares (1944); Robert E. Lee (1807); Guy Madison (1922); Dolly Parton (1946); Edgar Allan Poe (1809); Jean Stapleton (1923); Fritz Weaver (1926)
- 20: Leon Ames (1903); Buzz Aldrin (1930); George Burns (1896); Arte Johnson (1934); DeForrest Kelly (1920); David Lynch (1946); Patricia Neal (1926)
- 21: Robby Benson (1955); John C. Breckenridge (1821); Mack Davis (1942); Alan Hewitt (1915); Benny Hill (1925); Stonewall Jackson (1824); J. Carrol Naish (1900); Steve Reeves (1926); Telly Savalas (1923); Paul Scofield (1922); Wolfman Jack (1938)
- 22: Bill Bixby (1934); Linda Blair (1959); George Foreman (1948); D.W. Griffithb (1875); John Hurt (1940); Graham Kerr (1934); Piper Laurie (1932); Ann Sothern (1911); U. Thant (1909); William Warfield (1920)
- 23: Richard Dean Anderson (1950); Danny Arnold (1925); Princess Caroline of Monaco (1957); Ernie Kovacs (1919); Edouard Manet (1832); Chita Rivera (1933)

- 24: John Belushi (1949); Ernest Borgnine (1917); Neil Diamond (1941); Mark Goodson (1915); Henry King (1896); Oral Roberts (1918); Estelle Winwood (1883)
- 25: Robert Burns (1759); Charles Curtis (1860); King Donovan (1918); Charlotte Greenwood (1893)
- 26: Jules Fieffer (1929); Scott Glenn (1942); William Hopper (1915); Anne Jeffreys (1923); Joan Leslie (1925); Gen. Douglas MacArthur (1880); Paul Newman (1925); Gene Siskel (1946); Bob Uecker (1935); Eddie Van Halen (1957)
- 27: Lewis Carroll (1823); Troy Donohue (1936); Samuel Gompers (1856); Wolfgang Mozart (1756); Donna Reed (1921); Mimi Rogers (1956); Ingrid Thulin (1929); Benay Venuta (1911)
- 28: Alan Alda (1936); John Beck (1946); Mary Boland (1880); Sir Francis Drake (1540); Susan Howard (1943); Franklin Pangborn (1893); William Stanley (1841)
- 29: W.C. Fields (1880); John Forsythe (1918); Ann Jillian (1951); Alan Marshal (1909); Victor Mature (1916); William McKinley (1843); Katharine Ross (1943); Tom Selleck (1945); Oprah Winfrey (1954)
- 30: Dorothy Malone (1925); Dick Martin (1923); Judy Norton-Taylor (1958); Franklin D. Roosevelt (1882)
- 31: Jonathan Banks (1947); Carol Channing (1923); Phil Collins (1951); Joanne Dru (1923); James Franciscus (1934); Garry Moore (1915); Suzanne Pleshette (1937); Nolan Ryan (1947); Franz Schubert (1797); Jean Simmons (1929); Jessica Walter (1944)

Two New Poultry Purifiers Approved by FSIS

Public health experts agree that foodborne illness is the number one food safety risk in the United States, resulting in some 800,000 to four million cases of food poisoning each year.

To help reduce the risk of such illnesses, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) gave the green light to two new poultry purifiers; trisodium phosphate (TSP), a chemical spray or dip for chicken, and food irradiation. Both new methods can be used by poultry processors to reduce bacteria on chickens before leaving the plant.

TSP is a common food phosphate that is generally recognized as safe by the Food and Drug Administration (FDA). Although it's been used safely for years as an emulsifier in processed cheese and other food manufacturing processes, new research indicates it significantly reduces Salmonella.

When whole chickens are immersed in or sprayed with the TSP solution for up to 15 seconds, the bacteria are eliminated at least 95 percent of the time with no effects on taste, texture or color of poultry.

While it's unclear how TSP reduces harmful bacteria, one theory is it works by removing a very thin natural fat coating on the bird, allowing the bacteria to be washed off more effectively.

But since TSP does not eliminate Salmonella completely, restaurateurs and consumers must still apply safe food handling practices such as hand washing, proper refrigeration and thorough cooking of poultry to 180 degrees Fahrenheit.

USDA's approval of TSP came just one month after the agency approved

yet another effective approach to fighting bacterial contamination of poultry: irradiation.

The agency approved a rule to permit irradiation of raw, prepackaged fresh or frozen poultry at 1.5 to 3.0 kilogray, the smallest, most practical "dose" of irradiation for bacterial control.

Irradiation at this level will destroy Salmonella on poultry 99 percent of the time. An added benefit is that it destroys other bacteria such as Listeria, which multiply even at refrigeration temperatures making it extremely difficult to control.

The new rule requires packages of irradiated poultry to carry a green, international radiation logo as well as the words "Treated with Radiation" or "Treated by Irradiation." As is the rule for all fresh poultry, the label also must include directions for proper food handling such as "Keep Refrigerated" or "Keep Frozen."

In addition to USDA, food irradiation has been endorsed as safe by the FDA, World Health Organization and the Codex Alimentarius Commission, a United Nations group which sets international food standards.

Despite such endorsements of safety, a key question is whether processors are confident consumers will choose irradiated poultry. The only widespread use of food irradiation in the United States has been to eliminate insects or bacteria on spices or seasonings. Irradiation of fresh fruits and vegetables, approved in 1986, has been somewhat limited; pork irradiation, approved in 1985, has never gone into commercial use.

Food Council and Dietic Association Recommend Healthy Eating for Youngsters

International Food Information Council and the American Dietetic Association recommend the following tips for youngsters:

\*Eat lots of different kinds of foods each day. To stay healthy, your body needs protein, carbohydrates, fat and many different vitamins and minerals from variety of foods. A combination of food from the five food groups gives you all these nutrients. The five food groups are: bread, cereals and grains; vegetables; fruits; milk, yogurt and cheese; and meats, poultry and fish.

\*Eat more whole-grain breads and cereals, fruits and vegetables. These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides that, they taste good! Try to eat some at each meal.

Whole-wheat bread, spaghetti and oatmeal are just a few breads and cereals worth trying. Bananas, strawberries and melons are some great tasting fruits. You don't like cooked vegetables, try them raw or in a salad.

\*Keep moving to stay in shape. The best way to stay in shape is to eat a balanced diet and play hard. Spend more time outside getting exercise. Sign up for after-school sports and activities. To do your best at sports, eat regular meals and include many different foods. One or two snacks are okay, too. Exercise and sound eating patterns are the keys to staying fit and healthy.

\*Start your day with breakfast. After a long night without food, breakfast fills your "empty tank" to get you going. And it can help you do better in school.

Quick and energy-boosting breakfasts can be cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza.

\*Snack smart. If you get hungry between meals, snacks are a great way to refuel. Choose snacks from different food groups: a glass of low-fat milk, a few graham crackers, an apple or celery sticks with peanut butter or raisins, or some dry cereal. If you eat smart at other meals, foods like cookies, chips and candy are okay for occasional snacking.

\*Balance your food choices so you don't eat too much of any one thing. You don't have to give up food like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat.

For instance, if you're set on a hamburger, french fries and milkshake for lunch, order a small fries and low-fat shake. Then balance that lunch with a low-fat dinner like baked chicken drumsticks (don't eat the skin), rice, your favorite vegetable and fruit for dessert. Give yourself a head start by eating low-fat foods like fruit, cereal and low-fat milk for breakfast.

\*Be adventurous! Try new foods

and new ways of eating them. Think you don't like beans? In a bean burrito, they could end up a favorite food.

Experiment in the kitchen to create more favorites. How about an English muffin pizza topped with tomato sauce, mushrooms and low-fat cheese?

When you're in the kitchen, be careful around sharp knives and hot stoves. Hot food and dishes from the microwave can burn you. Always ask which cookware is safe to use. After a food is microwaved, let it cool down before handling it.

\*Remember, foods are not good or bad. A healthy diet is like a puzzle with many parts. Each part - or food - is different. Some may have more fat, sugar or salt while others might have more vitamins or fiber. There is a place for all these foods.

What makes a diet good or bad is how they all fit together. Balancing your choices is very important. You can fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals.

And don't forget about moderation. If one piece of pizza fills you up, you don't need two or three.

\*Make healthy eating fun. To do that, eat foods you like. You can find plenty to please your taste buds.

Explore the many foods in the five food groups and different ways to prepare them. You'll grow stronger, play longer, and look and feel better.



HAPPY  
NEW  
YEAR  
FATHER TIME  
FUN  
FIRST  
RESOLUTIONS  
PUNCH  
PARTY  
ROSE  
BOWL  
PARADE  
STREAMERS  
NOISEMAKERS  
TIMES SQUARE  
FESTIVE  
LAMP SHADE  
ON-THE-HEAD  
DANCING  
SINGING  
HOLIDAY  
BELLS  
FOOTBALL  
RING-OUT-  
THE-OLD  
RING-IN-  
THE-NEW

### The Puzzler

## HAPPY NEW YEAR !

E	S	F	I	R	S	:	R	E	A	M	E	R	S
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# This Month in S.F. History

Jan. 1: In 1951, Alcatraz Island, formerly a military post, became a Federal Prison.

Jan. 2: In 1921, De Young Museum, now a part of the Academy of Sciences, opened in Golden Gate Park.

Jan. 5: In 1933, construction commenced on the Golden Gate Bridge when a crew began excavating for the Marin County anchorage.

Jan. 8: In 1880, Joshua Norton, a onetime successful City businessman, died. When ill-fated grain speculations left him penniless, Norton declared himself Emperor of the United States and Protector of Mexico, issued his own currency which was sympathetically accepted by local shopkeepers, and went on to become one of San Francisco's most colorful oddball characters.

Jan. 9: In 1847, San Francisco, then known as Yerba Buena, issued its first newspaper, the California Star, a four-page weekly published by Samuel Brannan. In 1849, San Francisco established its first bank, the Exchange and Deposit Office located on Kearny St. In 1857, a 7:45 a.m. earthquake and aftershocks shook San Francisco, with shocks reportedly felt as far away as San Diego.

Jan. 16: In 1865, brothers Charles and Michael H. DeYoung published the first issue of the Daily Dramatic Chronicle, a free theatre newspaper which soon grew into today's San Francisco Chronicle.

Jan. 22: In 1850, the Alta California, formed by the merging of the Californian and California Star, the first two newspapers published in California, became the state's first daily newspaper when it switched from its previous tri-weekly schedule. In 1939, the Aquatic Park, adjacent to Fort Mason in the northern part of the City, was officially dedicated.

Jan. 27: In 1894, the Midwinter Fair, a City event which publicized the Pacific Coast's mild off-season climatic conditions, opened in Golden Gate Park. In 1955, a severe landslide permanently closed a stretch of El Camino del Mar, a scenic drive near Land's End.

Jan. 30: In 1847, the City's name was officially changed from Yerba Buena to San Francisco.

**NEWS TIPS? CALENDAR ITEMS?**  
All submissions should be in by the 20th of month prior to publication.

## Mayors of San Francisco

### CHARLES BOXTON

"It is with a feeling of sadness that I take this office." With these words, delivered in a most somber address to his fellow members of Board of Supervisors having just appointed him San Francisco's 27th mayor on July 9, 1907, Charles Boxton assumed the City's top office. He took the reigns from Acting Mayor James L. Gallagher, who had served the previous three weeks as Mayor Eugene Schmitz sat in a county jail awaiting sentencing following a June 13 conviction in a graft trial.

Boxton was born April 24, 1860 in Shasta County, and studying and practicing dentistry before serving with the California Volunteers in the Philippine unrest in the late 1890s, returning to the

Bay Area a hero. He had become dean of the dentistry department at the College of Physicians and Surgeons, while successfully campaigning for a seat on the S.F. Board of Supervisors.

Reelected into the Schmitz administration, Boxton was soon acquainted with the ugly side of politics as bribery and graft became commonplace with city officials. Following the tragic earthquake and fire of April, 1906 and with the public fully aware of corruption and his name being connected to shady deals, Boxton reluctantly agreed to become mayor the day after Schmitz's July 8 sentencing.

But negative publicity generated in the press had taken its toll, convincing the new mayor to re-think his priorities. He resigned his post after just seven days and returned to his profession full-time. He died in San Mateo on August 29, 1927 at the age of 67.

## See Ya' in the Funnypapers

### - Jokes from a Bygone Era

A four-year-old had received a severe sunburn and it had reached the peeling-off stage. His mother heard him saying to himself as he washed up for dinner: "Only four years old and wearing out already!"

"The teacher had been reading to her class about the rhinoceros family. "Now name some things," she said, "that are very dangerous to get near to, and that have horns."

"Automobiles," promptly answered Harry.

## SUMP, THE GRUMP By Jackie Holder



## Golden Gate National Recreation Area Events

**JANUARY 1**  
Baker Beach  
\*Seacoast Defense: Explore the military history of Battery Chamberlain and participate in a demonstration of the last six-inch disappearing rifle from 12:30 to 1 p.m. Meet the ranger at the gate to Battery Chamberlain at Baker Beach.

**JANUARY**  
Presidio  
\*Presidio Main Post Historical Walk: Join a walking tour of the Presidio covering more than 200 years of San Francisco history, architecture, cultural landscapes and natural history, and learn how the army post is becoming a national park from 10 a.m. to noon. Meet the leader at the Presidio Main Post flagpole. Reservations required (\$56-0865).

**JANUARY 7**  
Ocean Beach  
Beach Party Campfire: Join a ranger for an hour-long program to enjoy the beach, the waves and the night from 5:30 to 6:30 p.m. Bring warm sweaters and marshmallows. Meet the ranger on the beach at Lincoln Ave. and Great Highway.

**JANUARY 8**  
Baker Beach  
The Way We Were - World War II in San Francisco: Learn about San Francisco and the Bay Area's system of military defense and life on the Home Front 50 years ago from 2 to 3 p.m. Meet the ranger at the gate to Battery Chamberlain, Baker Beach.

Fort Funston Nursery  
Volunteer Planting Day: Spend the morning planting lupines and coyote brush along San Francisco's coastline and learn the importance of native plants in the ecosystem from 10 a.m. to 1 p.m. Meet the ranger at the Fort Funston Native Plant Nursery. Reservations required (\$56-8371).

Fort Point  
Candlelight Tour: On a candle-lit tour through Fort Point, hear tales of soldiers, lighthouses and San Francisco history, exploring gun turrets and ar-

tery casemates from 6:30 to 8:30 p.m. Dress warmly. Reservations required (\$56-1693).

**JANUARY 9**  
Lands End  
Rocks, Faults and Earthquakes: Enjoy a moderate two-mile, one-way hike along the Coastal Trail and discover interesting facts about the geology of the San Francisco Headlands from 10:30 a.m. to noon. Bring a lunch and enjoy the views from Eagles Point after the hike. Meet the ranger at the S.F. Memorial parking lot north of 48th and Point Lobos Aves. Reservations required (\$56-8371).

Presidio  
Presidio Main Post Historical Walk (See January 2)

**JANUARY 15**  
Fort Funston  
Coyote and Brother Wind: Bring the little ones to hear stories and songs about native plants from 1:30 to 3:30 p.m.. Program is designed for first through third graders. Meet the ranger at the Fort Funston Nursery. Group size limited to 15. Reservations required (\$56-8371).

Presidio  
Presidio Main Post Historical Walk (See January 2)

Sutro Heights  
Sutro Heights Stroll: Join a walking tour of this splendid park, once the home of Adolph Sutro, from 2 to 3 p.m. by meeting the ranger at the Lion's Gate, 48th and Point Lobos Aves. Reservations required (\$56-8371).

**JANUARY 16**  
Presidio  
\*Coastal Defense Hike: A scenic three-mile hike from the Golden Gate Bridge to Baker Beach. Explore remnants of historic coastal defense batteries from the 1870s through World War II weather permitting from 1:30 to 3:30 p.m. Meet the park ranger at the Battery East parking lot above Fort Point along Lincoln Blvd.

**JANUARY 19**  
Cliff House Visitor Center  
Seals and Sea Lions: Learn about the

seals and sea lions of the San Francisco Bay Area and headlands at this one-hour slide presentation at 6 p.m. Meet at the center located downstairs from the restaurant. Reservations required (\$56-8371).

**JANUARY 22**  
China Beach  
China Beach - What's in a Name?: Learn about this sheltered little beach and how it got its name from 2 to 2:30 p.m. Meet the ranger in the picnic grounds of China Beach. Call for directions and handicapped accessibility (\$56-8371).

Fort Funston Nursery  
Volunteer Planting Day (See January 8)

Fort Point  
Candlelight Tour (See January 8)

Presidio  
Presidio Main Post Historical Walk (See January 2)

**JANUARY 23**  
Baker Beach  
Nature Art: Discover the beautiful shapes and colors of nature and use them to create works of art from 1 to 3 p.m. in a parent-participation program geared for children four to six years old. Meet the ranger at Battery Chamberlain, Baker Beach. Reservations required (\$56-8371).

Presidio  
Presidio Cemetery Walk: San Francisco National Cemetery is the final resting place of many famous and interesting people - pre-Civil War soldiers, a Union spy, an Indian scout, and 34 Medal of Honor recipients. Dress warmly for walk from 10 to 11:30 a.m., meeting the guide, weather permitting, at the entrance gate along Lincoln Blvd. Reservations required (\$56-0865).

**JANUARY 30**  
Presidio  
A Walk on the Wild Side: The Presidio contains wonderful natural areas to explore. Learn about the plants, animals and geology of the San Francisco peninsula from 10 a.m. to noon. Dress warmly. Rain cancels. Call for reservations, information and starting point (\$56-0865).

## Saturdays are Special At Randall Museum

Limited January Saturday classes are available at the Randall Museum, 199 Museum Way, starting at 1 p.m. with sign-ups beginning at 12:30 p.m. Parking is free and children under eight should be accompanied by an adult. Classes are \$3 per person. Call 554-9600 for more information.

\*January 8: Wooden Sculptures lets you create fanciful art by hot gluing odd shaped pieces of wood and painting them with tempera.

## Guatemalan Weaving At Exploratorium

Observe the intricate art of Mayan-based Guatemalan weaving as artisan Santa Jimenez performs her craft at the Exploratorium Saturday and Sunday, January 8 and 9, from noon to 5 p.m., free with museum admission. Jimenez, like most Guatemalan village women, learned to weave at age seven by watching her mother. Born in the village of Todos Santos Cuchumatán in the Guatemalan highlands at 9,200 feet above sea level, she is a Mam-speaking Indian - a linguistic group descended from the ancient Maya.

Traditionally, a girl's first woven piece is a small band or napkin known as a servilleta. Most girls are skilled weavers by the age of 12.

Jimenez's work, exhibited nationwide, does not follow a paper pattern; she has memorized the traditional designs of both her family and village. "I use design motifs depicting characters of Mayan myth and everyday life," she explained. "My weaving is a personal declaration that ancient knowledge has been passed on. In the traditional passage from mother to daughter, Mayan culture survives."

## Recipe : Dirt Cake

By B.J. Linner

1. Crush 1 lb. Oreo cookies and set aside.

2. Cream together: 1/2 stick butter, 8 oz. cream cheese, 1 cup powdered sugar; set mixture aside.

3. Mix 3 1/2 cups milk, 2 small boxes of instant vanilla pudding, 12 oz. Cool Whip; combine 2 and 3.

Line flower pot with foil; layer cookies and mixture in the pot starting and ending with the cookies.

Place in freezer overnight and remove just before serving; top with flowers and serve with shovel. Enjoy!

\*January 15: "I Have a Dream" Shadowboxes commemorates Martin Luther King, Jr.'s dream by making shadowboxes using mixed media materials. Explore your own dreams of freedom for everyone.

\*January 22: Zappers! lets you discover the magic of magnets and electricity in this hands-on workshop for ages five and up. Perform amazing experiments, and make electromagnets and compasses to take home.

\*January 29: Footprint T-Shirts lets you print an animal foot story or your own key to animal tracks. Bring a pillowcase or t-shirt to print on, or buy a shirt from the museum for \$4.

And don't forget the free animal talk Saturdays at 2:15 p.m. and the model railway exhibit the second and fourth Saturdays of each month from noon to 4 p.m.

## Fascinating Facts

\*One cup of cubed cantelope contains the equivalent of 5,150 international units (IU) of vitamin A (in the form of beta carotene), which meets the daily recommended allowance. Honeydew has only six IU. As a general rule, yellow or orange fruit is high in beta carotene.

\*Men who are 30 percent overweight have a 70 percent higher risk of developing coronary heart disease than those at their recommended weight.

\*Boston or bibb lettuce has twice as much vitamin C and three times as much beta carotene by weight as iceberg lettuce. Even better, romaine has six times as much vitamin C and eight times as much beta carotene as iceberg.

-UC Berkeley Wellness Letter

## New Exhibit on California Midwinter Fair

Helen Crocker Russell Library of Horticulture inside the Strybing Arboretum and Botanical Gardens of Golden Gate Park is the location for a commemorative exhibit of rare photographs, souvenirs and memorabilia of the 1894 California Midwinter Fair. See an authentic Jinkisha, the Gum Girls, and Achille Philion the marvelous equilibrist in his spiral tower revolving globe exhibition along with many more rare official photos as well as paintings of Golden Gate Park in the late 1890s.

Opening January 3 and running through February, the exhibit is open from 10 a.m. to 4 p.m. daily. Call 661-1514 for more information.

Held in Golden Gate Park in 1894, the California Midwinter Fair prompted the creation of the world-famous Japanese Tea Garden and the Fine Arts Museum in the park. Originally designed to bolster a sagging economy and job market, the fair featured people, exhibits, rides, food, animals and attractions with an international flavor.

## ACROSS

- For
- Cord
- Rely
- Box
- Obligation
- Clean
- Gash
- Mineral
- Choose
- Response
- Sweet drink (suf)
- Three times
- Challenge
- Los Angeles (ab)

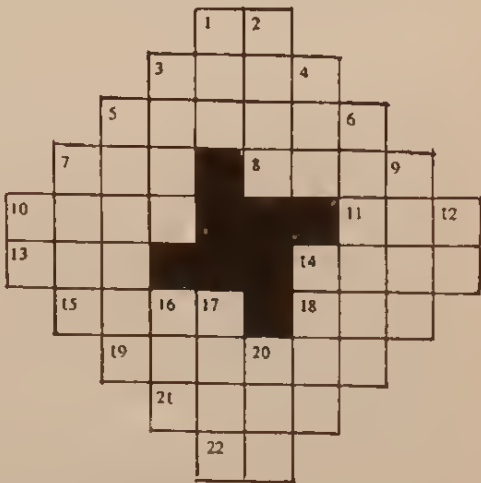
## DOWN

- Highest
- Reveal
- Lease

## PREVIOUS PUZZLE

T PA B  
IN BORE BI  
POWER DIET  
RA MOIST  
RR NCO  
DID TB  
PEDAL AA  
TONE EARTH  
OP SEAT EA  
P DN T

## Grapevine Crossword



- East-northeast
- Aims
- Resolve
- Perforate
- Mussolini
- Therefore
- Truck (ab)
- Rate
- Hoghead (ab)
- Voiced
- Irish Republican Army (ab)



Visitacion Valley Elementary's '93 Winter Festival Features "Blending of Cultures"



Congratulations to Lychelle Dyer, 5th grader, in winning the city-wide "Academic Achievement Award" given by the S.F. Housing Authority. Pictured with three instructors having inspired and encouraged her (l-r): Mr. Stevens, Lychelle, Ms. Hale, Mrs. Hendley and Lychelle's mother.

Two special guests visited Visitacion Valley Elementary School, attending multicultural assemblies: Dr. Cynthia LeBlanc, SFUSD associate superintendent of Human Resources Dept., and...



...Santa Claus, who came to the valley via Latin America this Christmas, with candy canes and toys for each student. Thank you PTA, U.S. Marine Corps, and PG&E for your generosity!



"To Be Homeless on Christmas," performed by students in Rooms 202 and 204 is a reminder there are less fortunate folks out there. Be compassionate-give and share. Concepts by Ms. Hale and Room 202; music by Mr. Stevens and Room 204.



Mrs. Jeung's 4th graders perform "The Nutcracker."

Between two assemblies, students, parents and school staff had an opportunity to share and taste multicultural home cooking. The international potluck fundraiser, an experiment by the school's PTA was a culinary success!

January 1994						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Year's Day
2 1:00pm VVCC Bingo	3	4	5 6:30pm Valleywide Patients' Council	6 11:00am VVCC Senior Council Meeting 7:00pm ROMA meeting	7 7:30pm Visitacion Valley Asian Residents' Assn 8:00pm Valley Bilingual Youth Groups	8
9 1:00pm VVCC Bingo	10	11 4:00pm VVCC Board Meeting 4:30pm San Mateo Friends Meet 7:00pm El Dorado N.P.C. Meeting	12 6:00pm Executive Park Advisory Committee open to all	13	14 8:00pm Valley Bilingual Youth Groups	15
16 1:00pm VVCC Bingo	17 Martin Luther King, Jr.	18	19	20	21 8:00pm Valley Bilingual Youth Groups	22
23 1:00pm VVCC Bingo	24	25	26	27 USDA Surplus Food Distribution Day at VVCC	28 8:00pm Valley Bilingual Youth Groups	29
30 1:00pm VVCC Bingo	31					

December 1993  
 S M T W T F S  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30 31

February 1994  
 S M T W T F S  
 6 7 8 9 10 11 12  
 13 14 15 16 17 18 19  
 20 21 22 23 24 25 26  
 27 28

CLASSIFIED

PRIVATE PARTS ONLY. Up to 20 words for \$1.00. Additional lines 50 cents each. Deadline is the 20th of each month prior to publication date. Mail your ad with a check to: Visitacion Valley GRAPEVINE, 50 Raymond Ave., San Francisco, CA 94134.

Grow Food for Homeless

Help grow food for the homeless at the Garden for the Environment any third Saturday from 10 a.m. to 4 p.m. Garden fruits and vegetables are donated to the Hamilton Family Shelter and the Missionaries of Charity Aids Hospice.

Join in this rewarding, meaningful work and meet other gardeners January 15 while helping plant, grow and harvest in an all-organic learning garden. No experience is necessary. Just bring munchies for a potluck picnic.

Located at 7th Ave. and Lawton St. in the inner Sunset, Garden for the Environment is a project of the San Francisco League of Urban Gardeners (SLUG), a community-based non-profit organization that greens the City.

To learn more about volunteer days in the garden or other SLUG programs, call 285-7584.

FIREFIGHTER JOBS

Enriching is a challenging career with excellent pay and benefits. Learn more at a presentation by female firefighters on

Tuesday  
January 11, 1994  
10 AM

at the Commission on the Status of Women  
25 Van Ness Ave., Room 130  
(at Market)  
Tel. 252-2570

How to Protect Your Mail From Thieving Hands

Although the U.S. Postal Service efficiently and safely delivers millions of checks, money orders, credit cards and other valuable items daily, mail theft remains a problem postal inspectors can't be everywhere to stop. To keep thieves from stealing mail, the Postal Service advises:

\*Never send cash or coins in the mail. Use checks or money orders.

\*Make sure your mailbox is secured and in good condition.

\*Promptly remove mail from your mailbox after delivery, especially if you are expecting checks, credit cards, food coupons and other negotiable items. If you will not be home when valuable items are expected, asked a trusted friend or neighbor to pick up your mail.

\*Have your local post office hold your mail while you are on vacation or absent from your home for a long period of time.

\*If you do not receive a check, food coupon or other expected valuable mail, contact the issuing agency immediately.

\*Immediately notify your post office and the people you do business with through the mail if you change your

Exploratorium Celebration

On January 22 and 23, the Exploratorium presents "Palace Weekend," devoted to the history and architecture of its home - the Palace of Fine Arts. Included will be archival films of the structure and the 1915 Panama Pacific Exposition for which it was built, with architectural tours of the building and grounds. Beginning at 2 p.m., all events are free with museum admission.

address.

\*Address your mail legibly and properly. Include complete return address, including street and apartment numbers, and a nine-digit zip code.

\*Always deposit you mail in a Postal Service mail collection box or mail slot at your local post office or hand your mail to your letter carrier. Never place your outgoing mail for your carrier to pick up in an unprotected mailbox or area where it can easily be stolen.

\*Consider starting a neighborhood watch program. By exchanging work and vacation schedules with trusted friends and neighbors, you can watch each other's mailboxes, as well as homes. If you observe a mail thief at work, call local police immediately and then the nearest postal inspector.

If you think your mail was stolen, report it immediately to your local postmaster or nearest postal inspector. You will be asked to complete a PS Form 2016, Mail Theft and Vandalism Complaint, information that could determine if the problem is either isolated or part of a larger operation, while helping to locate and apprehend mail thieves.

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The Rev. Dr. Jerry O. Resus Minister

Church School Classes - 9:15 a.m.  
Sunday Worship Service - 10:30 a.m.  
Wednesday Bible Study - 11:00 a.m.  
Friday Cottage Bible Fellowship - 7:30 p.m.  
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK.

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San Francisco 94134



## Peculiar Doings

\*Down in Argentina, a 660 pound man living in a small town near Buenos Aires succumbed in a hospital just days after eating an entire pig in one sitting.

\*In Iran, a country having a long history of banning things, authorities arrested more than two dozen people in the musical business for issuing what government officials claimed were decadent tunes.

\*Wonder which songs that 23-year-old San Diego man was listening to when he blamed 16 robberies on his listening to rap music. It didn't work on the judge, who sentenced him to 12 years in the cooler.

\*A choir organist in the English town of Broughton, Oxford was told to avoid the instrument's low notes after their church's spire, nearly 700 years old, was stricken by lightning. Pieces of masonry were spotted falling at random, compelling local architects to advise against any damaging vibrations.

\*And while were on Sundays in Britain, the people of England and Wales can now shop on Sundays, as is done in Scotland, a measure approved by 56 percent in the House of Commons.

\*Speaking of shopping, a company in Canada marketing canned noodles for children recently had to change their labeling when consumers complained the artwork resembled genitalia.

\*Described as "a true phenomenon of society," a Paris wax museum added a display featuring the likeness of...Barbie!

\*A Russian cosmonaut will be attempting to break a five-year-old record of living in space in current mission to the Mir space station by staying up there for 421 days, \$5 more than the previous high. Anything to get out, right?

\*China has embarked on what the World Health Organization claims is the single largest campaign in history by attempting to vaccinate its more than 100 million children against polio.

\*Chinese officials are also authorizing abortions, sterilizations and marriage bans to "avoid new births of inferior quality and heighten the standards of the whole population," adding that 10 million recent births with defects and congenital illnesses could have been avoided.

\*And the health-minded Chinese will also have plenty of California apples in a one-year trade agreement made with the United States.

\*Meanwhile, researchers from both China and Taiwan have finally joined in the UFO craze by announcing that thousands of sightings in their countries now merit further investigation.

\*In his own version of the Biosphere, an Italian man spent an entire year in a laboratory almost 1,000 feet below the earth's surface, occupying the time listening to music, watching videos and growing plants.

\*Back in the hole is a Watsonville man released from a minimum security jail to supposedly visit an ailing relative. He didn't return back to the facility on time, but was nevertheless nailed by police after walloping someone with an ashtray who didn't like his piano playing at the residence of a mutual acquaintance.

\*How about that original letter written by Abraham Lincoln to console a son's friend on failing to gain admission to Harvard, a document sold at a recent auction for \$728,500. Could a congratulatory note have fetched a higher amount?

\*And the Danville parents who sued their son's calculus teacher and lost, spending \$4,000 of their own money to prove the "C" he got was unjustified. Seems the instructor wouldn't give final grades any higher than the kids got on homework assignments.

\*Recently receiving bad grades was the boob tube, where four-of-five viewers in a recent poll labeled TV violence a contributor to crime in real life. This after a survey finding an average of 10 violent acts per hour on prime time television. Leading the pack of violent shows was, would you believe, "The Adventures of Briscoe County, Jr.," with an average of 117 violent acts per hour, or one every 30 seconds.

\*Upset at the uncordial treatment he received from a family after barging in on them very late one evening, an inebriated Boulder Creek man stole a

neighbor's car and drove to a local bar only to find it closed. Stealing an antique machine gun from an adjacent shop, he smashed the vehicle through the bar's front wall, aimed the weapon at a startled worker who was cleaning up, and casually demanding both a beer and a game of pool before being arrested by police. A sign at the bar's entrance the following day read: "Pedestrians Only! This is Not the Way to San Jose!"

\*Speaking of weird, a conceptual artist from California is taking a page from the book of Christo - you know, that peculiar environmental artist who did that running fence made of fabric north of the Golden Gate a few decades ago - by planning a similar project in the Grand Canyon made of 10,000 bras. Care to make any of your underthings famous?

\*An irate consumer advocate was

awarded \$750 from CitiBank when one of its telemarketers called to pitch discount services. Seems he told another solicitor to "Never call me again," thus making the second call a no-no under the new Telephone Consumer Protection Act.

\*Officials in Mexico City recently had to limit industrial plants and motor vehicles from operating when the ozone level there reached three times the maximum considered safe. With a high altitude and many old cars with few anti-pollution devices, the World Health Organization named the top Mexican city the world's most polluted urban area.

\*Speaking of smells, those recently surveyed on things they remember breathing before 1930 include: pine, hay, horses and sea air. In the 1930 to 1970 range, people remember: plastic, scented markers, airplane fuel, mentho-

lated chest rub and PlayDoh. Scents from an unhappy childhood? How about: sewer gas, moth balls, dog waste, body odor and bus fumes.

\*No more "30 minutes or \$3 off" promises from Domino's Pizza after paying \$79 million in an award to an accident victim of a 1989 red-light-running pizza delivery person. Wouldn't try delivering by blimp, either!

\*Down in Lawton, Oklahoma, two young men were arrested after a \$3000 video store robbery with the aid of scenes of themselves they shot with the stolen equipment.

\*Last, but certainly not least, we have the 40-year-old woman who couldn't find Mr. Right. Clad in a gown and veil, she proudly marched down the aisle in a ceremony before 75 friends, gave herself a ring and declared herself Ms. Right. Now if that doesn't take the...er...wedding cake!

## Bayshore LRV Study Recommends City Seek Federal Funding

FROM PAGE ONE

In addition to work being done by the consultant team, Urban Habitat, an organization concerned with addressing environmental issues impacting low income and minority communities has joined with the New Bayview Committee, a coalition including community, business and church groups to conduct a special survey in the Bayview and Hunters Point neighborhoods. Working with a transportation consulting firm, the organizations have developed, distributed and are now analyzing a survey on alternatives for a specific transportation plan.

- Muni Bayshore Bulletin

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## Group Agrees on Bayshore Corridor Issues

Neighborhood activists from the Visitacion Valley, Little Hollywood, Bayview, Hunters Point, and Potrero Hill neighborhoods shared views, discussed differences and reached agreement on what they would like to see happen in the Bayshore Corridor.

In addressing the needs of each neighborhood, the group collectively agreed on the following agenda for presentation to the City's decision-makers:

\*Expand the 9X-San Bruno line to provide direct service between Visitacion Valley and downtown, North Beach and Fisherman's Wharf to compensate for the impact of the proposed Third St. light rail transit on the 15-

Third line's service.

\*Build a light rail system that extends at least to Bayshore Blvd. and Geneva Ave., but preferably to Balboa Park.

\*Seek federal funding to build the extended system.

\*Start to build the light rail system and implement interim improvements to the existing system as soon as possible.

\*Consider the Hunters Point shipyard as a potential site for the Muni rail yard.

\*Establish and implement a policy making residents along the Bayshore Corridor major beneficiaries of light rail construction through jobs and contract opportunities.

- Muni Bayshore Bulletin

## Helpful Tips in Selecting a Contractor

Contractors State License Board offers these tips in selecting a contractor:

\*Hire a licensed contractor. Any job costing \$300 or more for labor and materials must be performed by a contractor holding a current, valid state license, according to law.

\*Get at least three written bids on a project.

\*Don't forget the old advice that if the offer sounds too good to be true, it probably is.

\*Obtain references and talk to

others who hired the contractor.

\*Make sure the contractor has workers' compensation and liability insurance.

\*Put in writing your agreement with the contractor, making sure the financial terms, work, payment schedule and warranties are clear. Do not pay more than 10 percent down.

\*Inspect the completed work.

\*If the job is large or complicated, get an arbitration clause in your contract.



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